



ADULT CLASSES

Zumba-Drop in Program **\$10/Mtg.**

This class is an hour of calorie-burning and body sculpting, dance combo class set to Latin, African, Arabic and Hindu music. Come join the dance party! Our instructor is a certified Zumba Instructor and personal Fitness Coach.

Instructor: Arlete Sam

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.2.765	M	Ongoing	7:15-8:15pm	18+	8	CM

Gentle Yoga **\$95**

Sequences of postures linked by breath stretch the body, assign poses in response for the students new to the yoga practice. Develop flexibility, balance and relaxation.

Instructor: Sam

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.2.713	W	9/17-11/19	6:45-7:45 pm	18+	10	CM

YOUNG PEOPLE'S THEATRE

Note: Please refer to the Children's Theater information on page 46 for performing arts programs.

AQUATICS PROGRAMS

For information on Aquatics programs at Camden see page 47.



Camden Youth Center

3369 Union Ave., San José 95124

Phone: 408-559-8553

Fax: 408-559-1203

Contact Person: Jeff Ford

Email: jeff.ford@sanjoseca.gov

Bus Lines: 62, 37, 101, 330, 328

Types of Programs: Drop-In Youth Center, Sports Leagues, Youth Advisory Council, Fitness Programs, Lego League Robotics, Arts & Crafts, Girls Club, and Special Events for youth ages 11-17.

DROP-IN

Mon-Thurs 2:00-6:00pm • Friday 3:00-8:00pm

\$20/year for your CYCard

CYC Membership Benefits:

- Discounts to Middle School & High School Dance Parties
- Discounts to THE DEN live music shows • Friday Night Movie Nights
- Field Trips • Basketball League

Camden Youth Center Drop-In

The CYC is open to all youth who want a safe and fun place to come hang out after school. We have pool tables, table tennis, indoor B-ball hoops, board games, Wii, XBOX 360, PS2, LCD flat screens, foosball, air hockey, movie lounge, tournaments, and more!

- Middle School & High School Dances • Field Trips • Winter Snow Trips
- Summer Camps • Music Jam • Movie Nights • THE DEN - Band Nights
- Arts & Crafts • Wireless Internet Access • Sports Leagues • Girls Club
- Community Service

SPECIALTY PROGRAMS

Job Placement

Free

Looking for a job and don't know where to start? Do you need help putting together your resume. We stock many applications from local businesses, so come on in and let us know where you would like to apply. The CYC Staff will sit down with you and help you through your application and resume process

District 9 Youth Advisory Council

Are there changes that you want to make in your local community? Well, then let your voice be heard in the District 9 Youth Advisory Council. YAC members help advise the local District 9 City Councilmember, Judy Chirco, on issues that concern youth in our community. YAC members learn valuable leadership skills while they help organize and implement events, fundraisers, and clubs for their peers. The D9 YAC puts on events such as high school band nights, middle school dances, concession stands, read-a-thons, youth speakout forums, art shows, and more! For more information please contact Mario Day at 408-559-7542. **Meets on the 3rd Tuesday of the month at 7:00-8:00pm.**



SPORTS & FITNESS

Open Gym for Youth Basketball

Late Night Gym 8:00-10:00pm **Who:** Youth 11-17 (18 if still in high school); Please bring school ID to verify age.

ROBOTICS PROGRAM

FIRST Lego Robotics

First Robotics (For Inspiration in Science and Technology) introduces young people, ages 6-14, to the fun and excitement of science and technology while building self-confidence, knowledge and life skills. Alongside adult mentors, teams solve problems using engineering concepts, presentation techniques, and robots. Teams will culminate the season with a local fun-petitive Robotics competition where they will put their robot, research and teamwork to the test. For more information on FIRST Lego League contact Mario Day at 408-559-7542 or visit www.firstlegoleague.org

PARENT'S SECTION

Parent Volunteers Needed

We are looking for interested parent volunteers to help out in our homework center, and chaperone our dances and band nights. If you are interested please call 408-559-7542.

Parental Help Center

Parents, are you curious about your teen's life away from home? What do they do at the center, at school, and with their friends? How do I talk to my teen about drugs, alcohol and sex? What do I, and my teen, need to prepare for when going to middle school, high school, or college? All of these questions can be answered through our parental help center. Would you like to attend a one night group session to discuss these topics? If so, please call us at 408-559-7542 and let us know!

Capitol Park Neighborhood Center

800 Peter Pan Ave., San José 95116

Phone: 408-347-1141

Fax: 408-347-1166

Supervisor: Ed Solis

Email: ed.solis@sanjoseca.gov

Contact Person: Sam Garcia

Email: sam.gracia@sanjoseca.gov

Bus line: 70

Types of Programs: Sports League, Leisure Classes, Rentals and Special Events.

The Capitol Park Neighborhood Center offers programming in partnership with several non-profit organizations and foundations from our community. These programs are offered in English & Spanish. Schedules of current programming can be obtained by visiting the center.

Capitol Park Neighborhood Center continues on the next page

